

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2015

Brunswick Senior Center


**LAW DAY 1**

Advanced Directives
Prepared for
FREE 1:00 – 2:00
Food distribution for
Seniors at FSC
May Day



3
*Mothers hold their
children's hands for
a short while, but
their hearts forever.
~Author unknown*

4
**Center
Closed**

5
9:00 Strength Tr.
10:15 Rummy
10:30 Video Ex
11:00 Wii Bowl


6
10:30 Sit & Be Fit
12:45 "Wrapped"
BINGO

7
9:00 Strength Tr.
10:30 Video Ex.
12:00 Special lunch
Birthday cake & Ice
Cream
1:00 Walking Group

8
10:00 – 3:00
Wal-Mart Shopping
Frederick, MD

9
TRAIN MONTH
Visit train
museum



Mother's Day

10
**Center
Closed**

11
9:00 Strength Tr.
11:45 Church Lunch
5:30 PIZZA & Card
Party

12
10:00 Sit & Be Fit
10:45 Ask Nurse
Steve "Blood"
12:45 "Bag" BINGO

13
9:00 Strength Tr.
10:30 Video Ex.
1:00 Walking Group

14
9:00 – 12:00
Wal-Mart Shopping
Charlestown, WV

15

Armed Forces Day

17
Brunswick
Senior Center
"Where the finest
people meet"

18
**Center
Closed**

19
9:00 Strength Tr.
10:15 Rummy
10:30 Video Ex.
11:00 Wii Bowl
11:45 Trivia
1:00 Sit & Knit

20
10:30 Sit & Be Fit
11:30 Lunch Out
w/Friends
1:00 BINGO at BH
Light Refreshments

21
9:00 Strength Tr.
10:30 Video Ex.
1:00 Walking Group
6:00 Dinner & Dance

22
10:00 Visit
Museum & Train
layout
12:00 PICNIC
S'mores
1:00 Local shop

23


24

First Day of Shavuot

25
9:00 Strength Tr.
10:15 Rummy
10:30 Video Ex.
**11:00 Nutrition
Program w/Kitty**
5:30 Card Party

MEMORIAL DAY


Memorial Day

26
10:30 Sit & Be Fit
12:00 – LUNCH
Soup/Sandwich
1:00 – 2:00
YARD SALE BINGO

27
9:00 Strength Tr.
10:30 Video Ex.
1:00 Walking Group

28
**Senior
Celebration at
FSC**
Musical
Entertainment
Lunch

29
30


31

**Older Americans
Month**
 

